



# Teaneck Senior Center

Township of  
Teaneck



Winter Season 2022

**Designed by:**  
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## Walking in a Winter Wonderland!



### Happy New Year!

We're excited to bring you the Winter edition of our newsletter! We have continued our wellness checks, as well as our virtual classes being offered on both the Township Website and Cable TV. We successfully completed the Fall 2021 Session, our first indoor session since the Pandemic. We offered additional classes for the 14 week Fall Session with continued mask wearing and enhanced COVID-19 protocols and procedures.

### Winter 2022 Indoor Classes Are Coming!

The Senior Center will be offering an array of **indoor classes** for the 2022 Winter Session. Classes are scheduled to begin on Tuesday, February 1st, unless otherwise noted.

**We will continue to use the Township Website as our way of communicating any updates:**

<https://www.teanecknj.gov/senior-programs>

### Virtual Classes Are Still Available!

Check out our physical fitness, art, and educational class offerings on the **Township Website:** <https://www.teanecknj.gov/senior-programs>.

The Senior classes are also playing on **Cable TV**  
**Channel 77 on Altice (Optimum) or Channel 47 on FIOS!**

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### Health & Wellness

#### 5 Ways Seniors Can Stay in Good Health This Winter!



- **Designate someone to help with salting and shoveling.**
- **Wear the right shoes for the winter.**
- **Be mindful of your diet.**
- **Be prepared for power outages.**
- **Dress in layers.**
- **Make an effort to move.**

Source: Care.com Resources

**Nurse Kathy Powers R.N.**

# RESOURCE CORNER

## Professional Services

Holy Name Medical Center Nurses, Kathleen Powers, R.N. and Linda Lohsen, B.S.N, R.N. on-site for Blood Pressure Screenings by

### **APPOINTMENT ONLY.**

Please call the Senior Center  
at 201-837-0171 or 201-837-7130 to make an appointment.



## AARP Virtual Community Center

FREE interactive online events and classes designed for learning, self-improvement, and fun. Classes categories include travel and history, home improvement, cultural connections & many more!

Website:

<https://local.aarp.org/virtual-community-center/?intcmp=AE-HP-TTN-RI-POS2-REALPOSS-TODAY>

Source: AARP.com



## COVID Resources for Seniors

Check out the latest news & guidance from AARP  
regarding Coronavirus

Website: <https://www.aarp.org/coronavirus/>

Source: AARP.com

## Recipe Corner: Broccoli Cheddar Soup

### Ingredients:

- 4 Tablespoons butter
- 1/2 medium onion
- 2-3 cloves of garlic minced
- 4 Tablespoons of flour
- 2 Cups Chicken or Vegetable Stock
- 1 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1/4 teaspoon paprika
- 3 cups of broccoli florets
- 1 large grated carrot
- 2 cups of half and half or milk or heavy cream
- 8 oz block of grated cheddar cheese



Recipe Courtesy of  
Gimmedelicious.com

### Instructions:

- Melt butter in large Dutch oven or pot
- Add onions & garlic and cook 3-4 minutes until softened.
- Add flour and whisk until turns golden in color.
- Pour in chicken or vegetable stock, broccoli florets, carrots, and seasonings.
- Bring to a boil, reduce heat to medium low, and simmer for 15 minutes.
- Stir in half & half and cheddar cheese. Simmer for 1 minute.
- Serve with crusty bread & enjoy!



## Button Heart Craft

### Materials Needed:

- Heart shaped cardboard (purchase at any craft store or make your own)
- Assorted colorful buttons
- Hot glue gun & glue sticks
- Mod Podge or PVA Glue
- Paper clip for mounting



Source: Pinterest.com

### Instructions:

- Position the multi colored buttons around the heart shaped cardboard,
- Take buttons one at a time and hot glue them to the cardboard heart.
- Open paper clip & position on the back of the heart in the middle.
- Glue to secure.